

**WHAT IS CLAIMED IS:**

1. A hair foil sheet ranging in width from about 3.5 to 6 inches.
2. A hair foil sheet having a weight or gauge ranging from about 0.00035 to 0.001 inches in thickness.
3. The hair foil sheet of claim 2 wherein said weight or gauge ranges from about 0.0005-0.0007 inches in thickness.
4. The hair foil sheet of claim 1 wherein said sheet is embossed.
5. The hair foil sheet of claim 1 wherein said sheet is non-embossed.
6. A system for dispensing hair foil sheets comprising;  
a pop up/out dispenser;  
interfolded sheets placed in said dispenser; and  
said interfolded sheets having a width ranging from about 3.5 to 6.0 inches.
7. The hair foil sheet of claim 1 wherein said sheet can be any color foil.
8. The hair foil sheet of claim 1 wherein said sheet comprises any and all types of alloy.
9. A method of putting hair foil in a persons hair comprising:  
removing a first sheet of hair foil from a pop-up dispenser;  
said sheet of hair foil having a lead portion and a trailing portion;  
said lead portion of said sheet of hair foil extending through a dispensing orifice to an elevation above that of said dispensing unit;

said trailing portion of said first hair foil overlapping with a lead portion of a next hair foil to be dispensed;  
pulling said next hair foil sheet through said orifice of said dispenser by withdrawing said first sheet of hair foil; and  
applying said first hair foil to a persons hair.

10. The method of claim 9 wherein said hair foil can be dispensed with one hand and used immediately without further preparation